

LESSON 4

My Plan to Be Physically Active

Student Learning Objective:

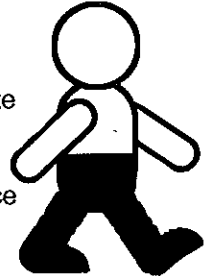
1. Develop a plan to be physically active.

National Health Education Standard:

- Goal Setting

Lesson Synopsis

Review the three types of physical activity. Demonstrate how to use a planning form. Self-evaluate current level of physical activity using the form and make a plan to reach the goal of 60 minutes of daily physical activity, including the three types of activities. Assess one another's plans and recommend improvements. Encourage students to take their plans home and post them in a place where they will be reminded to be physically active.



Activity	Time in Minutes	Materials Needed
Introduction	3	Health Education Resources <ul style="list-style-type: none"> • Video [DVD]: <i>Personal Health & Hygiene</i>, Clearvue and SVE (23 minutes; Extension Activity) Supplied by the Teacher <ul style="list-style-type: none"> • AV equipment (Extension Activity)
Teacher Input	10	Health Education Resources <ul style="list-style-type: none"> • Poster: "Goal Setting," Michigan Model for Health Clearinghouse Teacher Manual Resources <ul style="list-style-type: none"> • Slide Master: "My Plan to Be Physically Active: Part 1" • Slide Master: "My Plan to Be Physically Active: Part 2" • Student Worksheet: "My Plan to Be Physically Active" Supplied by the Teacher <ul style="list-style-type: none"> • Projector • Slides • Pens or pencils • Writing paper (Extension Activity)
Application or Skill Practice	20	Teacher Manual Resources <ul style="list-style-type: none"> • Teacher Reference—Assessment: "Assessment Rubric for Skill Development: My Plan to Be Physically Active" Supplied by the Teacher <ul style="list-style-type: none"> • List of physical activities students enjoy (generated in Lesson 1)
Closure	2	Teacher Manual Resources <ul style="list-style-type: none"> • Family Resource Sheet: "A Plan for Family Physical Activity"
TOTAL	35	

Preparation

Prior to the Lesson:

- **Decide if you want to assess** student skill development. A rubric is provided for you to use at the end of this lesson, "Assessment Rubric for Skill Development: "My Plan to Be Physically Active."

For Teacher Input:

- **Duplicate** the student worksheet, "My Plan to Be Physically Active," for each student.
- **Prepare the two slides**, "My Plan to Be Physically Active: Part 1" and "My Plan to Be Physically Active: Part 2."


For Closure:

- **Duplicate** the family resource sheet, "A Plan for Family Physical Activity," for students to take home.

LESSON PROCEDURE

Introduction: Review the three types of physical activity and introduce the focus of this lesson.






Approximately 3 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review the three types of physical activity.	<p><i>Raise your hand if you can demonstrate or pantomime one type of physical activity.</i></p> <p>Call on students to name flexibility, strength, and endurance. Have students join the student volunteer in demonstrating or pantomiming.</p> <p>Repeat by asking student volunteers to demonstrate or pantomime the remaining two types of physical activity.</p> <p><i>Who can tell me what kinds of physical activities increase muscle flexibility?</i></p> <p>Answer: stretching</p> <p><i>Who can tell me what kinds of physical activities build muscle strength?</i></p> <p>Answer: lifting</p> <p><i>Who can tell me what kinds of physical activities increase muscle endurance?</i></p> <p>Answer: movement done over an extended period of time</p>	 <p>Reinforce the importance of being physically active by playing the video, <i>Personal Health and Hygiene</i>. The first part of the media encourages physical activity. The second part of the media reinforces skin care taught in the Personal Health and Wellness unit of this grade level. It also extends to additional hygiene issues, including information on head lice. The final part talks about goal setting for being healthy. This also reinforces the goal setting in the Personal Health and Wellness unit.</p>
Review the recommendation of 60 minutes of daily physical activity.	<p><i>Who remembers the magic number that relates to being physically active and what it means?</i></p> <p>Answer: The magic number is 60. Children and teens need 60 minutes of physical activity each day.</p>	

State the focus of the lesson.	Today you will create a personal plan for reaching the goal of 60 minutes of daily physical activity.	
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Teacher Input: Demonstrate use of a planning form and begin to create a personal plan to reach the goal of 60 minutes of physical activity each day.

Approximately 10 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Distribute the student worksheet, "My Plan to Be Physically Active," and explain the purpose for its use.</p>  <p>Display the slide, "My Plan to Be Physically Active: Part 1." Use the slide to demonstrate how to use the worksheet.</p>  <p>Have students record on their worksheets their current physical activities.</p> <p>Continue demonstrating use of the form.</p> <p>Have students code their activities.</p>	<p><i>This worksheet will help you develop a plan to reach your goal of 60 minutes of physical activity each day in different types of activities.</i></p> <p><i>This is a plan [select a fictitious student's name] created. He or she is a student like you. His or her plan will help us know how to use the worksheet to create our own plans.</i></p> <p><i>First, [name] wrote in all of the physical activities he or she already does as part of his or her weekly schedule.</i></p> <p><i>Next, [name] recorded the number of minutes he or she is physically active each day.</i></p> <p>Direct students to fill in their physical activities and the number of minutes they participate in each activity.</p> <p><i>Then, [name] coded the activities with an "F," "S," or "E" if the activities build flexibility, strength, or endurance. Some activities have more than one letter.</i></p> <p><i>I'll give you a few minutes to add codes to your activities.</i></p>	 <p>Avoid using the name of a student in your class.</p>  <p>Inform the physical education instructor of the focus of this lesson to encourage him or her to reinforce the concepts. Perhaps he or she would be willing to review the plans and comment.</p>
<p>Display the slide, "My Plan to Be Physically Active: Part 2." Use the slide to demonstrate how to finish the worksheet.</p> 	<p><i>[Name] finished his or her plan by reviewing the number of minutes he or she was active and the types of activities he or she was already doing. Then, he or she added activities to be sure to reach 60 minutes each day and to have a variety of the types of physical activities during the week.</i></p> <p><i>Look at his or her plan. Raise your hand if you think this plan will help [name] reach the goal. Raise both hands if you have a recommendation for how to improve the plan.</i></p> <p>Discuss any recommendations students offer.</p>	

Display the poster, "Goal Setting," and explain the steps in the skill.

Our plans will help us practice an important skill: goal setting. Remember: A goal is something you want to do or achieve. When we think about physical activity, the goal is 60 minutes each day and different types of activities each week.

Goal setting has four parts. The first part we have already done.

- Develop a clear, realistic goal. A goal is realistic if it is possible for the person to reach it. Sixty minutes of daily physical activity is possible.

The next part is:

- List steps for reaching the goal, including when you will act on the steps, any materials you will need, and who can help.

The activities you will plan to do are the steps to reach your goal. It's also important to know when you will work towards your goal. That's why the days are listed.

At the top of page 2 on your worksheet is a question: Who might help you reach your goal? All of us need help from time to time. Think of someone you could turn to if you get stuck.

The last two parts are done as you work towards reaching your goal.

- Keep track of how you are doing and make changes if you need to.
- Evaluate if you met the goal.



Be sure to note what activities you did, how long you were active, and what type of activities you did each day. The last column on the right will help you keep track. Then, you will know at the end of the week if you have reached your goal.





Have students discuss or write about goals they have already achieved, even if they didn't think of them as goals at the time. How did they reach their goal? How could the goal-setting skills they learned help them reach other goals? What other goals would they like to achieve?

Application or Skill Practice: Evaluate personal physical activity levels and add activities to meet the goal of 60 minutes per day in a variety of physical activities.



Approximately 20 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Explain that most people can improve their physical activity plans.</p> <p>Post the list of physical activities from Lesson 1. Have students work with a partner to improve their plans.</p>	<p><i>Just like [name], probably most of us can improve our plans. Our goal is to get at least 60 minutes, or one hour, of physical activity every day and to include a variety of activities during the week.</i></p> <p>In pairs, have students evaluate their plans.</p>	<p> Use the rubric provided at the end of the lesson if you want to assess students' skill development.</p> <p></p>

<p>Exchange plans with another pair. Evaluate one another's plans and make recommendations.</p> <p>Return the plans to their owners.</p>	<p><i>Take a few minutes to review your plan and your partner's plan. Add activities as needed to make sure your plan has 60 minutes of physical activity each day in a variety of activities. You can use our list of activities for ideas. Help each other create the best plans you can. Be sure to code any new activities you add.</i></p> <p><i>Exchange plans with another pair. You and your partner need to evaluate the plans. If you agree the plans have 60 minutes of daily activity and include a variety of types of activities, check the bottom of the form where it says "Approved." If you have recommendations to make, check that box and describe how you would change the plan at the bottom. Then, sign the form.</i></p> <p><i>I'll help you if you need ideas.</i></p> <p>When the pairs are finished, have them hand the plans back to their owners.</p> <p><i>When you get your plan back, look to see if there are any recommendations you want to add to your plan.</i></p> <p>Give students a few minutes to modify their plans. Then, ask them to give their plans to you for your review.</p>	 <p>To encourage students to reach their goal of 60 minutes and to provide a positive role model, form a walking club and chart distances walked on a map of the community, state, or world. Or, join students for recess and encourage them to be physically active with you.</p>  <p>You may want to try to pair students who will easily understand the chart with those who might struggle.</p>
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Closure: Encourage students to take their plans home to share with other family members, to display where they can review them daily, and to act on them.

Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Summarize the lesson and encourage students to implement their plans.</p>	<p><i>You have all worked hard on your plans for being physically active. You now have a plan for reaching the goal of 60 minutes of physical activity each day in a variety of different types of physical activities.</i></p> <p><i>Of course, a plan is only good if you follow it.</i></p> <p><i>After I have looked at your plans, I want you to take them home and share them with your family. Invite others in your family to be active with you. Look for a good place in your house to post your plan so you will see it every day and be reminded to do the activities.</i></p> <p><i>We'll talk about how well you met your goal in a week.</i></p>	 <p>Note on your schedule to discuss how students' plans are going in one week.</p>
<p>Distribute the family resource sheet, "A Plan for Family Physical Activity."</p> 	<p><i>Be sure to share this information with your families tonight so you can make a plan to be active together.</i></p>	
<p>Preview the next lesson.</p>	<p><i>In our next health lesson, we will encourage others to join us in healthy eating and being physically active.</i></p>	



My Plan to Be Physically Active: Part 1

MY GOAL: Be physically active for 60 minutes each day. Do different types of activities—activities to build flexibility, strength, and endurance—during the week.

Day: When I will work on my goal	Activity: Steps I will take to reach my goal	Number of Minutes	Code: F = Flexibility S = Strength E = Endurance
Sunday	<ul style="list-style-type: none">• Bike ride with family• 	120	S and E
Monday	<ul style="list-style-type: none">• Gymnastics practice• 	60	F and S
Tuesday	<ul style="list-style-type: none">• • 		
Wednesday	<ul style="list-style-type: none">• Physical education at school• 	40	S and E
Thursday	<ul style="list-style-type: none">• Basketball practice• 	60	S and E
Friday	<ul style="list-style-type: none">• • 		
Saturday	<ul style="list-style-type: none">• Soccer game• 	60	S and E



My Plan to Be Physically Active: Part 2

MY GOAL: Be physically active for 60 minutes each day. Do different types of activities—activities to build flexibility, strength, and endurance—during the week.

Day: When I will work on my goal	Activity: Steps I will take to reach my goal	Number of Minutes	Code: F = Flexibility S = Strength E = Endurance
Sunday	<ul style="list-style-type: none"> • Bike ride with family • 	120	S and E
Monday	<ul style="list-style-type: none"> • Gymnastics practice • 	60	F and S
Tuesday	<ul style="list-style-type: none"> • Play basketball during recess • Walk the dog • In-line skating 	15 15 30	F, S, and E S and E S and E
Wednesday	<ul style="list-style-type: none"> • Physical education at school • Gymnastics stretches 	40 20	S and E F
Thursday	<ul style="list-style-type: none"> • Basketball practice • 	60	S and E
Friday	<ul style="list-style-type: none"> • Walk with walking club during recess • Go for bike ride 	15 45	S and E S and E
Saturday	<ul style="list-style-type: none"> • Soccer game • 	60	S and E

BOLD are added activities.

**My Plan to Be Physically Active**

MY GOAL: Be physically active for 60 minutes each day. Do different types of activities—activities to build flexibility, strength, and endurance—during the week.

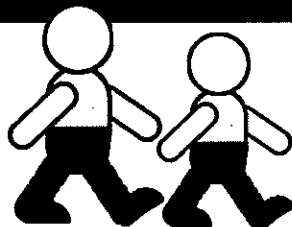
Day: When I will work on my goal	Activity: Steps I will take to reach my goal	Number of Minutes	Code: F = Flexibility S = Strength E = Endurance	What I did, for how long, and what type
Sunday	• •			
Monday	• •			
Tuesday	• •			
Wednesday	• •			
Thursday	• •			
Friday	• •			
Saturday	• •			



Who might help me reach my goal?



Review

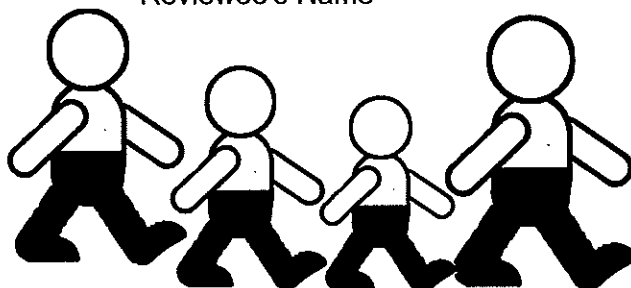


_____ We approve this plan!

_____ We recommend that you change this plan in the following way:

Reviewer's Name

Reviewee's Name



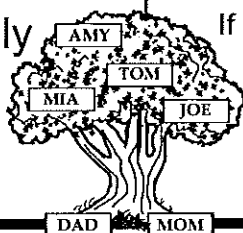
A Plan for Family Physical Activity

FAMILY
RESOURCE
SHEET



Being physically active as a family is fun. It's a great way to make lasting memories and build positive relationships. Plus, being active has great health benefits!

Make physical activity a part of your family schedule every day if you can. It will impact the health of each family member for a lifetime!



Health Benefits of Regular Physical Activity

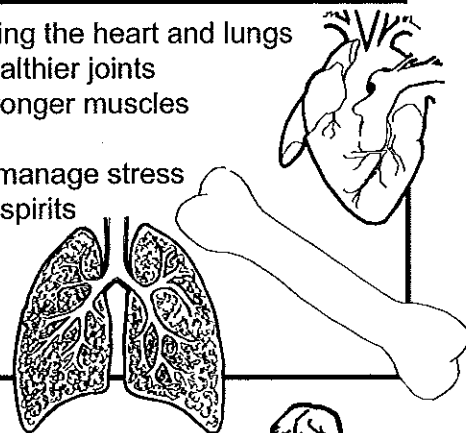
Reduce the risk of:

- heart disease
- high blood pressure
- stroke
- colon cancer
- diabetes

Increase your health and well-being by:

- strengthening the heart and lungs
- building healthier joints
- building stronger muscles and bones
- helping to manage stress
- lifting your spirits

If your family has a history of these conditions, it is even more important to be physically active.



Create a Plan

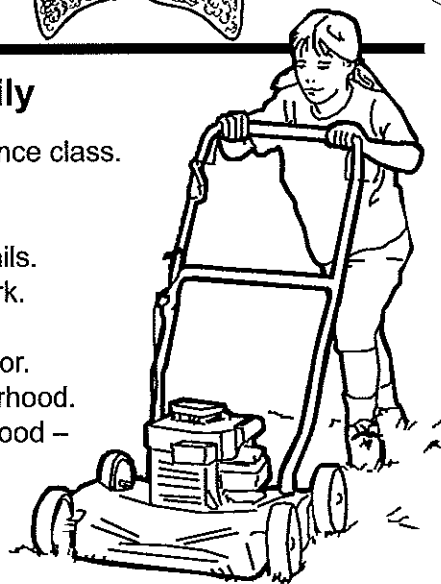
As a family, list physical activities you enjoy. You may not always agree on what is enjoyable, but it's likely there will be some activities you can enjoy together. Use the calendar on the back of this page to plan times to be active as a family.

Set a Goal

Children should be active 60 minutes each day. Adults should aim for 2 1/2 hours of moderate physical activity weekly, or 1 1/4 hours of vigorous physical activity weekly. Using different colored pens, have each family member add personal or team sports or practices to the calendar. See if each family member has met his or her goal. If not, work together to find ways to increase the number of minutes.

Ideas to Consider as a Family

- Take an in-line skating class or a dance class.
- Walk to the store, instead of driving.
- Offer to walk the neighbor's dog.
- Visit a park with hiking or walking trails.
- Mow the lawn and do other yard work.
- Shovel the snow.
- Take the stairs, instead of the elevator.
- Ride a bike ride around the neighborhood.
- Set up relay races for the neighborhood – adults and youth.
- Sign up for a fun walk/run.
- Go to the school gym or swimming pool during open hours.
- Encourage neighborhood games, such as tag or hide and seek.



Get Around the Obstacles

- Many people love television, movies, video games, and computers. But these activities are not physically active. Set a daily two-hour time limit on these activities for your family.
- Break the habit of spending lots of time doing things where you are not being active. Increase the time you are physically active as a family.
- Sunshine and warm weather make it easier to be active outdoors. When the weather doesn't cooperate, find ways to be active indoors. Go to an ice-rink or in-line skating rink. Go to the library and check out a video tape on yoga, kickboxing, or karate. Walk at the mall.

Our Family Plan for Physical Activity

Directions: Plan times for your family to be physically active together. Note the day, activity, and the number of minutes you plan to do the activity. Find different colored pens so each person can write his or her activities on the same calendar.



AIM FOR THE GOAL

Youth:

60 minutes each day

Adults:

2 1/2 hours of moderate physical activity weekly, or 1 1/4 hours of vigorous physical activity weekly

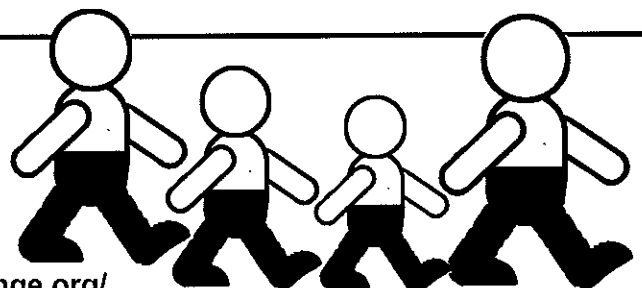


Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Need More Information?

Visit the U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute website.
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Take the President's Challenge! www.presidentschallenge.org/





Assessment Rubric for Skill Development: My Plan to Be Physically Active

The following rubric can be used for assessing student skill development. The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

Elements in the Lesson

- List physical activities or “steps I will take to reach my goal.”
- Record the number of minutes for each activity.
- Label the activities: “F” for flexibility, “S” for strength, and “E” for endurance.
- Record “what I did, for how long, and what type.”
- Identify people to help with the plan or goal.
- Indicate approval or recommended changes when reviewing the plan of another student.

1	2	3	4	Comments
Few of the elements are included. Many of the elements are inaccurate or unclear.	Most of the elements are of the plan are clear and accurate.	All of the elements are of the plan are clear and accurate.	All of the elements are of the plan are clear, accurate, and extensively described.	